

# City of Sunnyvale

# Pool Rules

## RECREATION SWIM

Public recreation swim allows swimmers of all ages the opportunity for casual swimming and water play. Lifeguards are on duty during recreation swim hours. Participants must adhere to all pool rules. Participants must pass our lifeguard issued swim test, in order to swim in the deep end of the pool.

## SWIM TEST

Participants who wish to swim in the deep end of the pool must pass our lifeguard issued swim test. Swim test will consist of the following 3 skills:

1. Jump into water above head & recover
2. Ability to swim 25 yards
3. Tread water for 1 minute

## WHEN ENTERING THE POOL

- Children 6 years old and younger must be directly supervised by a parent/guardian while in the pool. The parent/guardian must accompany the child in the water and remain within arm's length of the child. However, we strongly advise that all parents closely monitor their child's activities in the pool, regardless of the age. This is especially true for beginner swimmers.
- Children who are not toilet trained or who are under the age of 3 must wear approved swim diapers and plastic swim cover beneath their swimsuit.
- Please do not enter the pool if you have an infectious disease, bandage, open blisters or sores.
- Floatation devices including water wings, padded swimsuits and inner-tubes are not permitted with the exception of US Coast guard approved lifejackets.
- With the exception of service animals, animals are not allowed in the facility.
- Food, drinks, glass, sharp objects or tobacco products are not permitted in the pool area.

## DIVING BOARD RULES

- Diving is only allowed in the deep end of the pool.
- One person is allowed on the board at a time.
- One bounce on the board is permitted.
- Jump or dive straight off and swim to the nearest side.

## FOR YOUR SAFETY

- Please walk at all times on the pool deck.
- Fighting, roughhousing, chicken fighting, screaming, profanity and pretending to drown is NOT permitted in the facility.
- Appropriate swim attire is required when entering the pool. T-shirts worn over swimsuits and other street clothes are not allowed.

The lifeguard on duty is in full charge. Failure to comply with the lifeguards requests, may result in the participant being asked to leave the pool area without a refund. Lifeguards on deck are there to watch the pool. Please direct questions to the Pool Manager in the pool office.

**THANK YOU FOR YOUR COOPERATION**